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**SECTION:** NUTRITION EDUCATION

**SUBJECT:** Nutrition Education Requirements

**ITEM:** *Overview of Nutrition Education*

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**Purpose** These nutrition education policies are developed to assist the California WIC Program to provide high quality nutrition education, the core component of WIC services, for all participants and their families.

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**Policy** The local agency shall provide education that exemplifies the relationship between nutrition and health. The following topics may be discussed as they relate to improved nutrition and health status:

- The benefits of eating a variety of foods;
  - The role of life-long dietary and health habits in a healthy birth outcome, optimal growth, child development, and disease prevention;
  - The benefits of regular physical activity; and
  - Food purchasing and preparation.
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**Basis for policy** 7 CFR 246.11[3][b][1]-[2]

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